



# **Total Body Workout Classes**

New Class Added

Beginning Sept 14

## **with Instructor -- Kevin Levy**

**Monday's, Tuesday's and Thursday's 6:30-7:30 p.m.**

**Cost: \$5.00 per session or \$40/person per month**

**FOR ALL OF THOSE AGES 15 & UP AT THE CLARENDON COMMUNITY CENTER BEHIND WELDON AUDITORIUM**

**Do I need to pre-register for this class ?** Yes, please contact the Clarendon Community Center (803) 433-0103 or (803) 473-3543. We need your name(s), the name of the class you want to participate in, and a good contact phone number.

This information serve as your class pre-registration. You will complete enrollment registration when you come in for your first class.

**The class is designed to challenge your body and your mind. It caters to all fitness levels from the beginner through to advanced.**

**YOU WILL NEED A LOT OF WATER SO BRING YOUR WATER BOTTLE AND BE PREPARED FOR A FAT BLASTING GOOD TIME!**

**Please bring your own weights if you have them (2-5 lb. dumbbells for women and 10-20 lb. dumbbells for men) and a mat if you'd like.**

**Please stop by the Clarendon Community Center (old Manning High School Gym -located behind Weldon Auditorium) to register from 7:30-2:00 pm Monday-Friday or call us at (803)433-0103 or (803) 473-3543 and we can make arrangements for you to register that night.**